User Manual hLine-online.com

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Revisions

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1 Introduction

Thank you for using the hLine-Online.com portal for managing wellness data. This manual will lead you step by step through the whole portal.

For any assistance please contact our support team under hLine.support@hmm.info

2 Legends

In the following all the legends and icons used in the hLine-Online.com will be described.

Legend/Icon	Description
Avatar	This is the picture of you. You can upload your own picture or any picture you wish.
Username	This is the username you have chosen on the portal. Other persons will see this name (not your first and last name).
S/N	Serial number of a device
IMEI	IMEI is the serial number of mobile devices.
DOT	DOT is an icon that has 3 colors: Green, Orange and Red. It is used to indicate a status. The status can be different from the function.
	Daily Diary
	Blood Glucose
	Blood Pressure
	Weight
	Body Fat
	Body Water
	Bone Mass
	Body Muscle

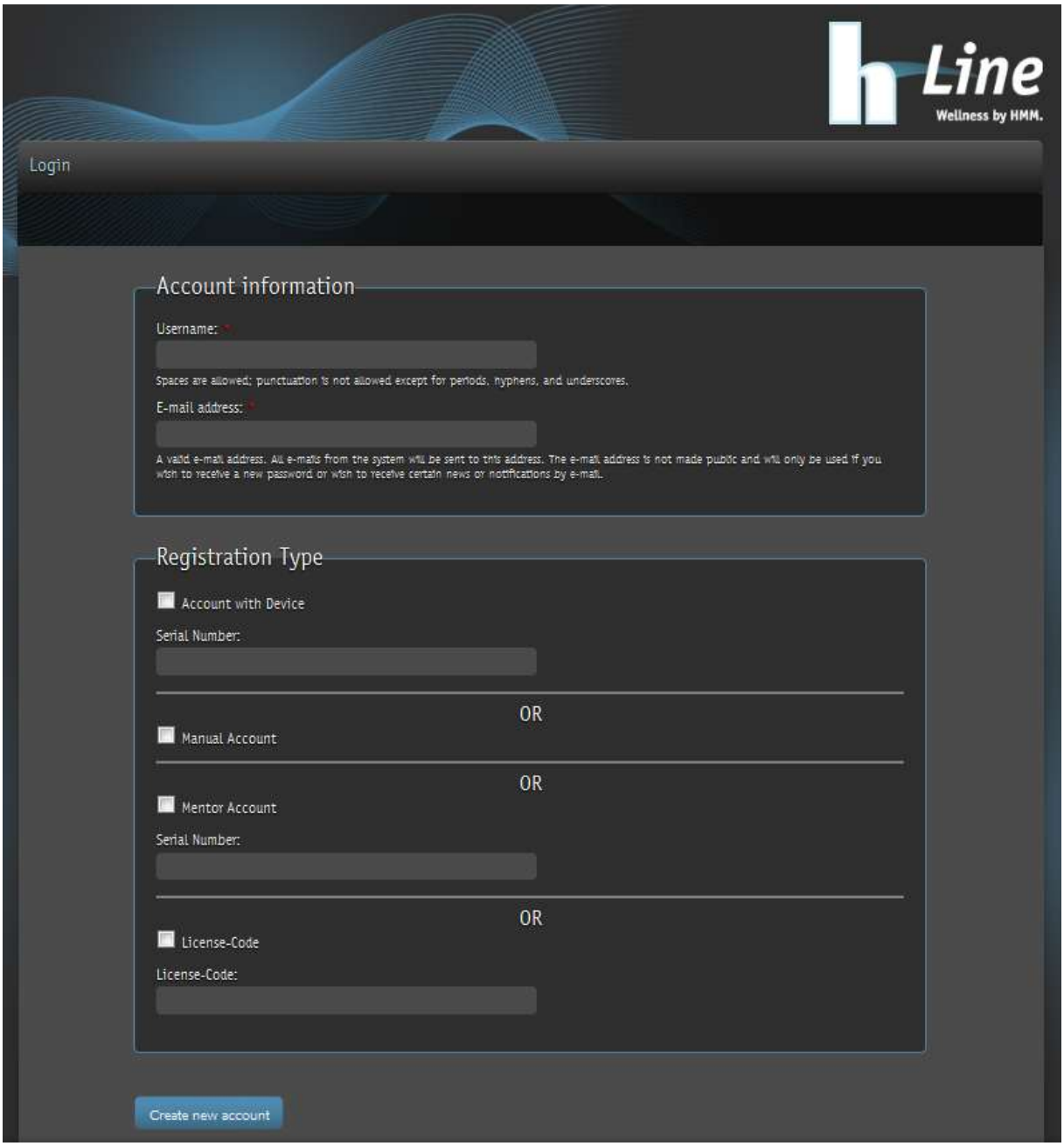
	Steps
	Setup
	Profile
	Device Management
	Medical History
	Medical Data
	Payment
	Return
	Forward
	Backwards
	Print
	Add
	Delete
	Insulin
	Examination
	Contacts Schedule
	Measurement Schedule
	Graphic/Table

	Values from the last 7 days
	Values from the last 30 days
	Date Selection
	Video Chat
	Chat
	Alerts Setting
	Message
	Medicine
	Medicine Schedule
	Medicine Addition
	Carbons Input
	Status
	Status Good
	Status Normal
	Status Not Good
	Status Unstable

	Status Stress
	Status Strong Hypo
	Status Light Hypo
	Status Tired
	Status Menstruation
	Status Sick
	Status Fiber
	Activity
	Fasting
	After Wake Up
	Before Breakfast
	After Breakfast
	Before Lunch
	After Lunch
	Before Dinner
	After Dinner
	Before Sleep

3 Registration

In order to register in the h[Line] portal there are several ways to do that.


Line
Wellness by HMM.
Login
Account information
Username: *
Spaces are allowed; punctuation is not allowed except for periods, hyphens, and underscores.
E-mail address: *
A valid e-mail address. All e-mails from the system will be sent to this address. The e-mail address is not made public and will only be used if you wish to receive a new password or wish to receive certain news or notifications by e-mail.
Registration Type
Account with Device
Serial Number:
OR
Manual Account
OR
Mentor Account
Serial Number:
OR
License-Code
License-Code:
Create new account

1- Registration as manual user:

A manual user can enter his values manually. First the username and email address need to be entered. Then the manual account needs to be clicked. The button *"create account"* should now be clicked.

A message will appear that an email has been sent to the address you have entered. In this email the user will get two ways of logging in. Either the user logs in with the credentials that are in the email or the user can click the link, which will lead him directly to the portal.

2- Registration with a device:

If a user buys a device with wireless technology from smartLAB® he can register with the serial number of the device. One serial number can be used for just one registration.

First the username and e-mail address need to be entered. Then the serial number of the device will be entered and the account with device will be selected. It does not matter which device the user chooses. The button *"create account"* should be clicked.

A message will appear that an e-mail has been sent to the entered address. In this email the user will get two ways of logging in. Either the user logs in with the credentials that are in the email or the user can click the link, which will lead him directly to the portal.

3- Registration of a Mentor for relatives or other:

This registration as a Mentor enables the Mentor to create accounts for his Mentees. For the registration the Mentor only need the serial number of a device of a person who he wants to add as a Mentee.

First the username and email address need to be entered. Then the serial number of the device of a Mentee will be entered and the Mentor account will be selected. It does not matter which device is chosen. The button *"create account"* will be clicked.

A message will appear that an e-mail is been sent. In this e-mail the user will get 2 ways of logging in. Either the user logs in with the credentials that are in the email or the user can click the link, which will lead him directly to the portal. After the mentor has logged in, he can add Mentees.

4- License Key:

For all registrations there will be a possibility to enter a license key. The license key means that the subscription has already been paid.

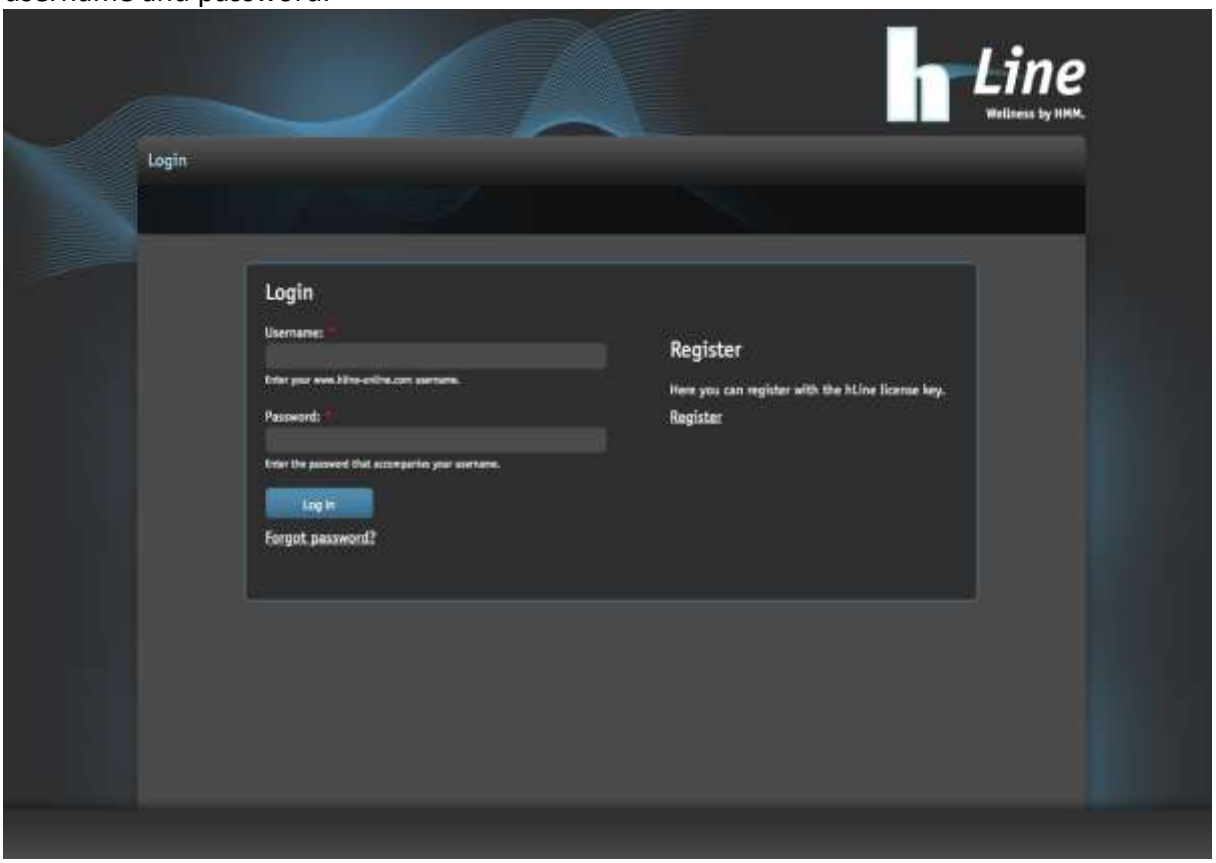
First the username and email address need to be entered. Then the license code will be entered and selected. The button *"create account"* will be clicked.

A message will appear that an email has been sent. In this email the user will get two ways of logging in. Either the user logs in with the credentials that are in the email or the user can click the link, which will lead him directly to the portal.

After registration there will be default values for the profile setting. In order to give the user the chance to see what possibilities he has, all functions should be enabled. All except the insulin.

4 Logging into the portal

To log in to the portal you need to click on the entry screen the login button. Enter your username and password.



Then you will enter the welcome screen. There you can see your scheduled measurements and medication. If you also have a Mentor Assistance you will see some notes sent from the Mentor on this site.

5 Main Screen

The Main Screen of hLine-online.com is separated into several parts. Some parts are fixed and cannot be scrolled. Only the content part can be scrolled. This is very effective when you want to navigate in the portal without always scrolling up and down. You will always have your dashboard in front of you.

5.1 Top Screen

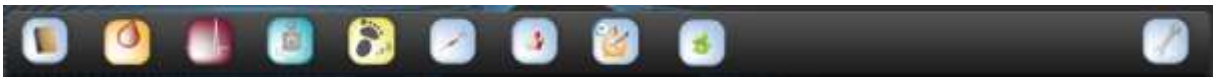
In the Top Screen you can see your username, avatar (profile picture) and the hLine Logo. This screen part is always available. If you click on the Avatar you will get to the welcome screen.

5.2 Main Menu

The Main Menu is always available for you to navigate. With a click on the button you can call all functions of hLine-online.com.

5.3 Information Bar

Below the Main Menu you have a bar that always shows you in which function or page you are at the moment. This is also fixed and does not move when you scroll the screen. On the left side you have the information where you are. On the right side there will be some icons that you can click for more functions in that area of the portal.



5.4 Content Screen

This is the screen where you can see the content of the function that you have clicked on. This can be scrolled up and down. Please refer to the function for more information of the content.

5.5 Bottom Bar

To be able to navigate the content there is a fixed bar that you can use to select certain data that you require.

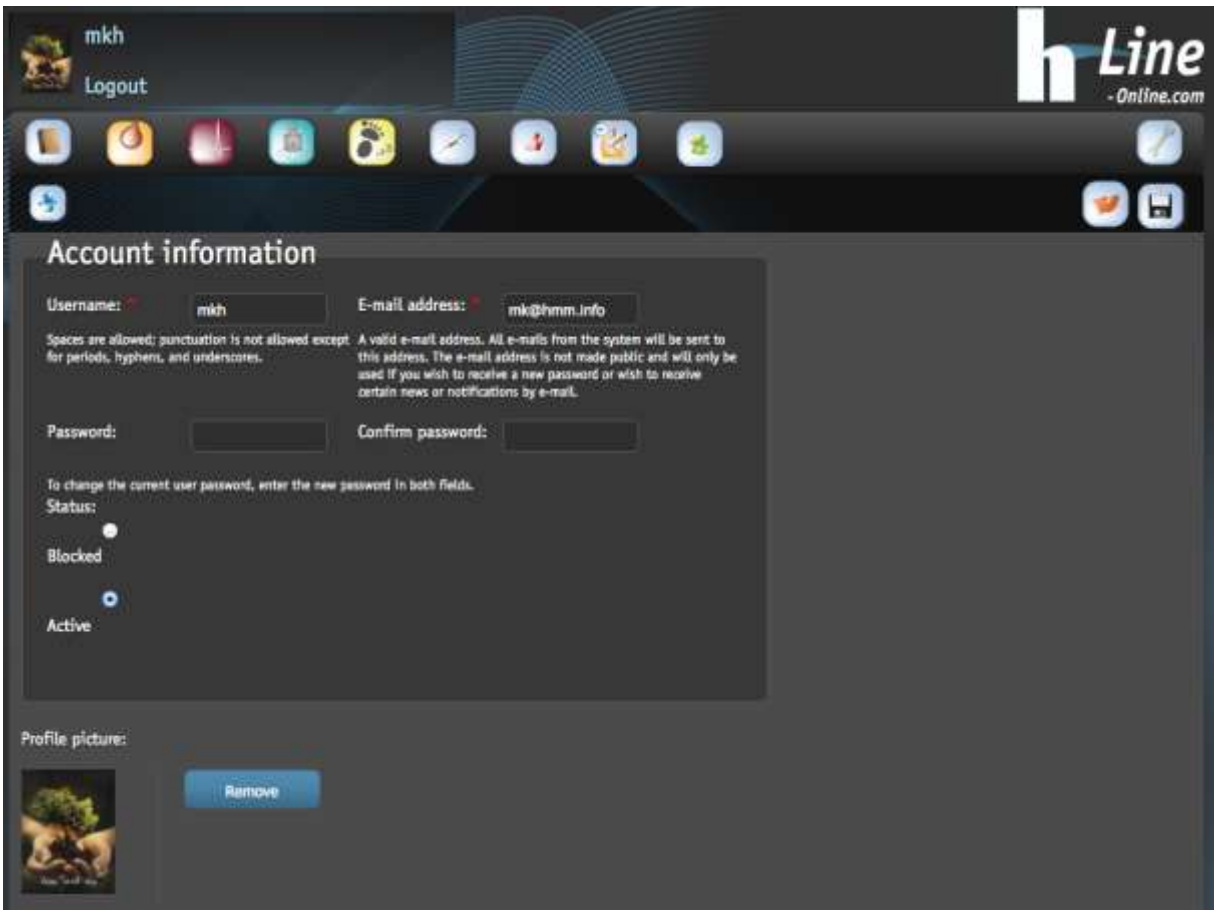
6 Setup

To configure the hLine-online.com to fit your needs, there are some settings you need to edit. The icon shows for editing profile, device management, system information, Email/SMS Setting and account setting

6.1 Edit Profile

→This icon represents your own profil. If you go to settings, you can click on the profile edit icon, do enter more information to your profile.
It is important to put as much information in your profile as possible, so the system can work correctly. The field with a "*" is a required information that must be added.

In the screens below you can see the profile with several fields. Some fields, such as name and address, are self-described. Other fields have essential functions and are described as follows:


mkh
Logout
Line
-Online.com
Account information
Username:
mkh
E-mail address:
mk@hmm.info
Spaces are allowed; punctuation is not allowed except for periods, hyphens, and underscores.
A valid e-mail address. All e-mails from the system will be sent to this address. The e-mail address is not made public and will only be used if you wish to receive a new password or wish to receive certain news or notifications by e-mail.
Password:
Confirm password:
To change the current user password, enter the new password in both fields.
Status:
Blocked
Active
Profile picture:
Remove

6.1.1 Blood Glucose

Under Blood Glucose you can enter the maximum and minimum Values for measurements. These values are used to initiate any alerts requested. The system has default values that you can change.

Blood Glucose Unit is mg/dL as standard. Please select mmol/L if you use this unit.

6.1.2 Blood Pressure

Under Blood Pressure you can enter the maximum and minimum values for measurements. These values are used to initiate any alerts requested. The system has default values that you can change.

6.1.3 Weight

The Weight Target is used to help you see how far you are from your target. In the weight scale graphic (see below) the target will be a line that goes through the whole graphic.

Body Height is important for calorie calculations. If you do not put any value or you put an incorrect value, the calorie calculation will not be accurate.

6.1.4 Steps

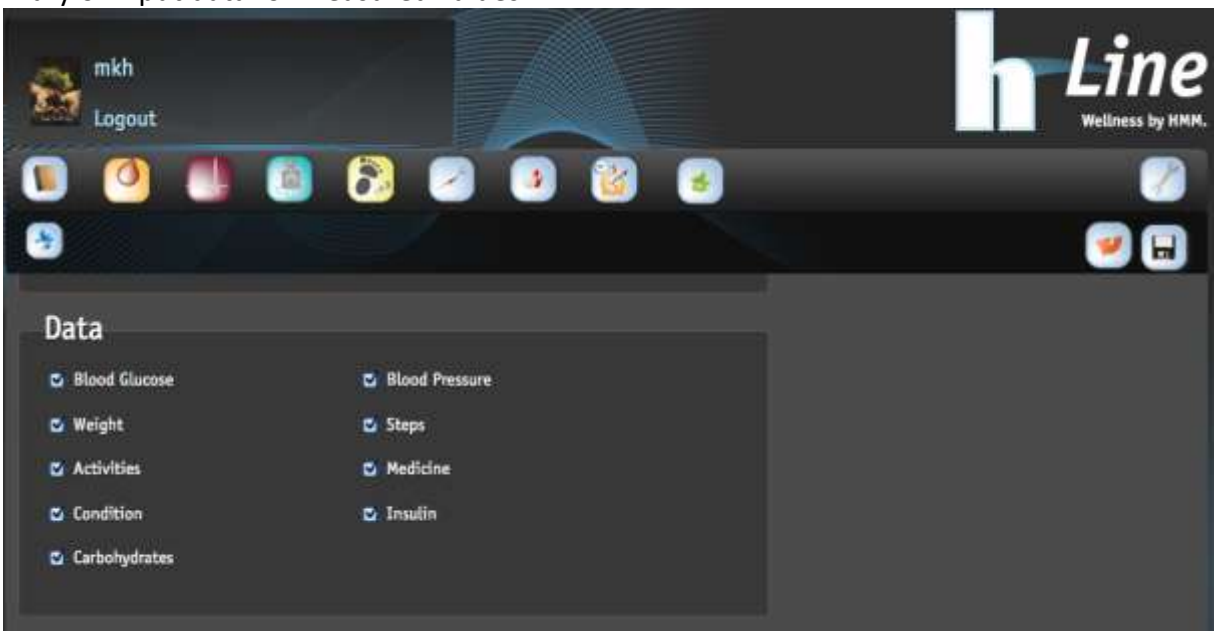
The Steps target is used to help you to see how far you are from your target. In the steps graphic (see below) the target will be a line that goes through the whole graphic.

The step length is essential to be transmitted to the Pedometer. With the step length the correct distance will be calculated.

6.1.5 Data

These are switched that are used to activate a function or deactivate it. If you activate a function the related icon will be shown on the main menu or other parts of the system.

Blood Glucose, Blood Pressure, Weight, Steps, medicine and insulin are related to the Main Menu. Activities, medicine, condition, insulin and carbohydrates are related to the Daily Diary or input data for measured values.

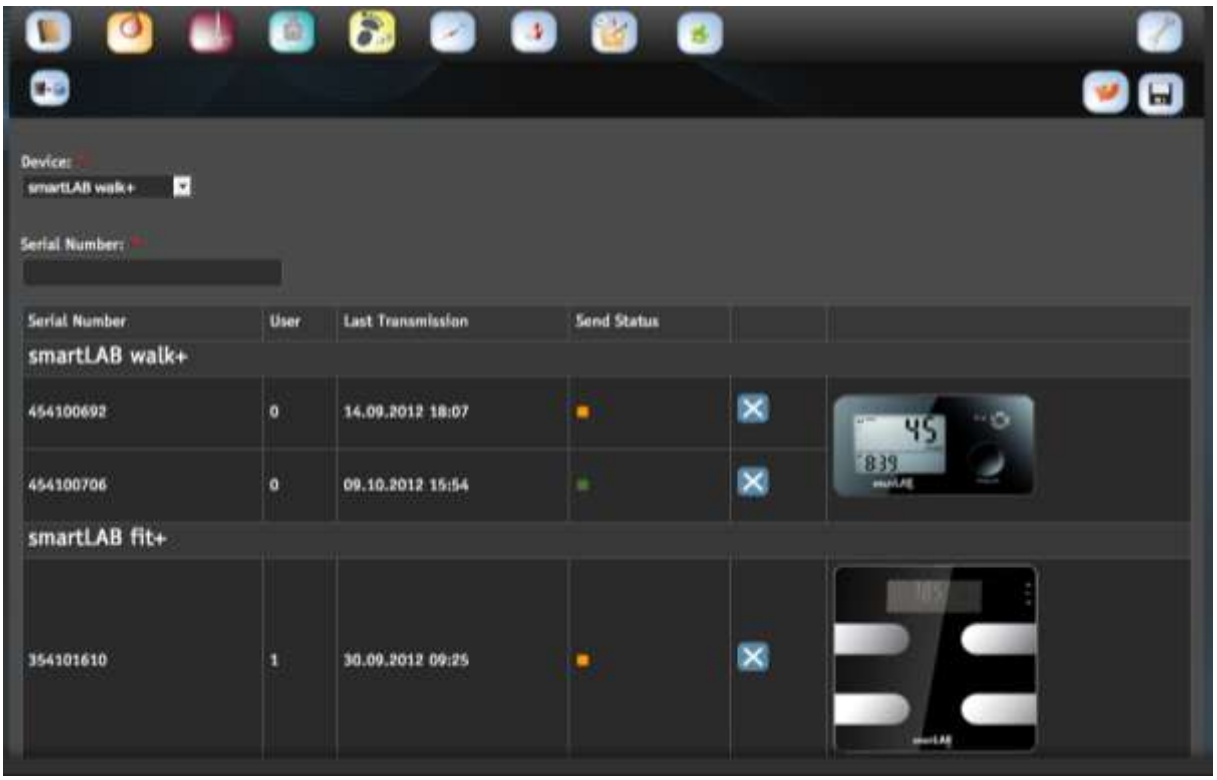


6.1.6 Help & View

On the right Side of the Screen you can see an “Info” Box. In this Info-Box you can find Instructions or Information on the side you are just on. These Information help you understand the features of hLine-Online.com. You can disable the Help-Info-Box by activating the small box.
With the View settings you can choose, if you prefer the graphic or table view as standard. When you then enter your profile, your values will be shown as chosen.

6.2 Device Management

The hLine system is an “Open & Run” system. This means that the user does not have to setup the devices with the related gateways manually. You just have to register (The only thing that needs to be done is to register) the devices under device management and all gateways and devices used will be set automatically. Date and time plus any user information such as height, gender, age and step length will be transferred automatically to the devices.
If you are using the hLine-online.com for the first time, please register all devices before you unpack the devices. Start with the gateway and then the devices. Within maximum 15 minutes after running all used devices will be set.
It is recommended to restart the gateway every time you make a change in the device management list.



6.2.1 Adding a device or Gateway

To add a device or gateway you need to select a device from the List. Then enter the S/N or IMEI number. Some devices are used by more than one person. The system will ask you to select the user for that device. This is very important to relate the data to the right user.

Press to add the device to the list. If the S/N is already used from another user, it will not be accepted. You can enter a device with more than one user by selecting another user with the same S/N.
Gateways can be added to several users.

Displaying Device Information

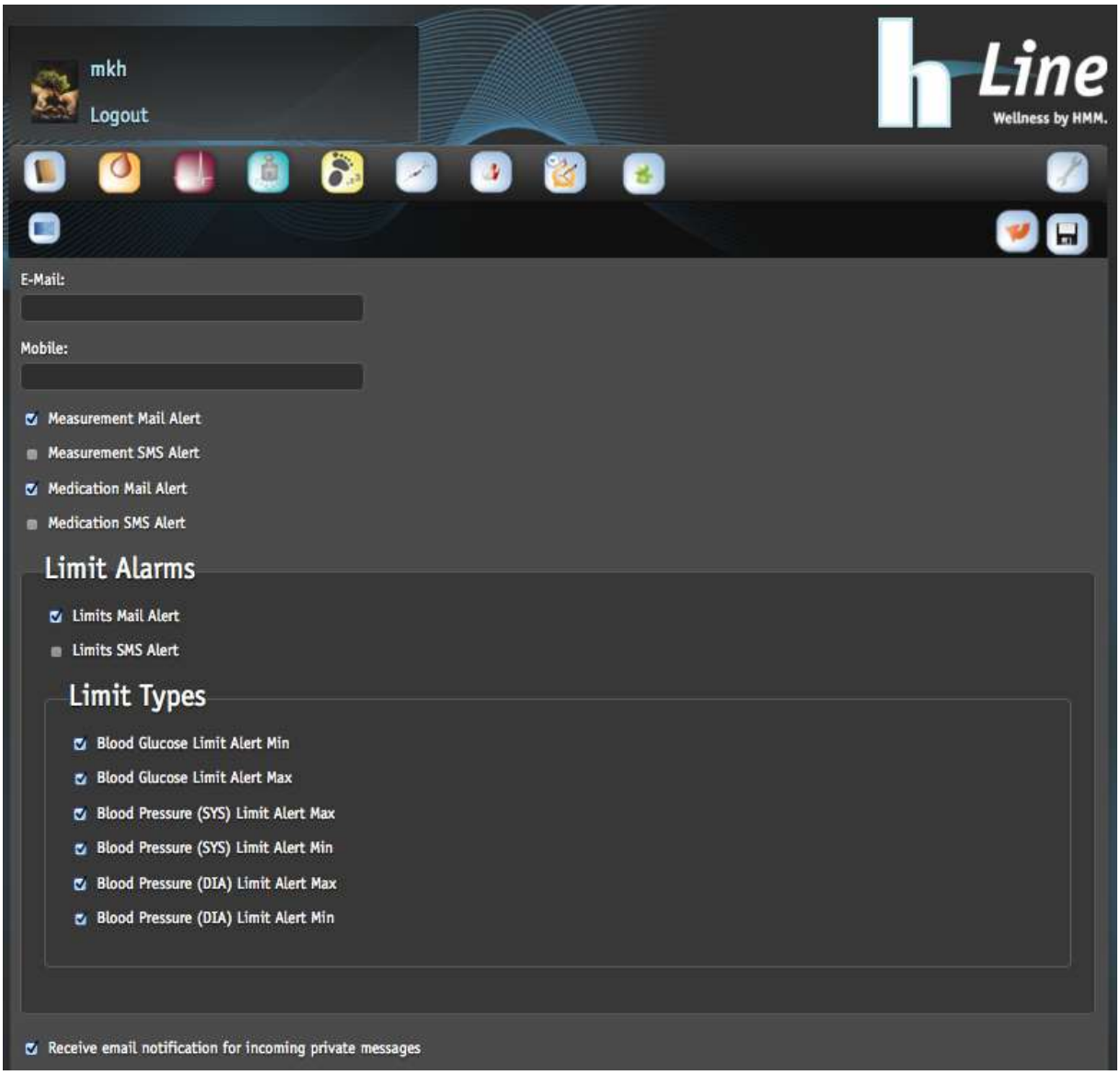
The added devices will be shown in a list. The list contains the last time the device was connected to the hLine-online.com. If the DOT shows green, this means that the device is connected and in range of the gateways. If the DOT is orange, this means that the device has not sent data for a while or it is out of range. If the DOT is red, the device has never connected to the hLine-online.com.

6.2.2 Deleting a device.

To delete a device click the “X” Icon. You will be asked again if you really want to delete the device.

6.3 Email/SMS Setup

The Email/SMS setup is used if the user wants the alerts to be sent to an Email address or to a SMS.



6.3.1 E-Mail

Under E-Mail please enter the E-Mail, where the alert should be send to. This must not be the same E-Mail of the user. This can be the E-Mail address of somebody else.

6.3.2 Mobile Number

The mobile number is for SMS usage. This function has not been released yet. This also applies for all SMS function in this setup.

6.3.3 Measurement Mail Alert

The Measurement Mail Alert is used to send an Email if a measurement has not been done according to the schedule.

6.3.4 Medication Mail Alert

Medication Mail Alert is used to send an Email if a medicine was not taken according to the schedule. Please note that this function is recommended if the user himself has access to hLine-Online.com. If the user does not interact with the portal and add the medicine all the time, E-Mails will be sent all the time and this could be annoying.

6.3.5 Limit Alerts

Limit Alerts are used to send an Email/SMS if a measured value is above the maximum value or below the minimum value. You can select here if you want to send the alerts per Email or SMS.

Limit Types are used to differentiate between maximum and minimum values. Some users want to be alerted when a measured value was below the minimum value. You can set up these types for Blood Glucose and Blood Pressure.

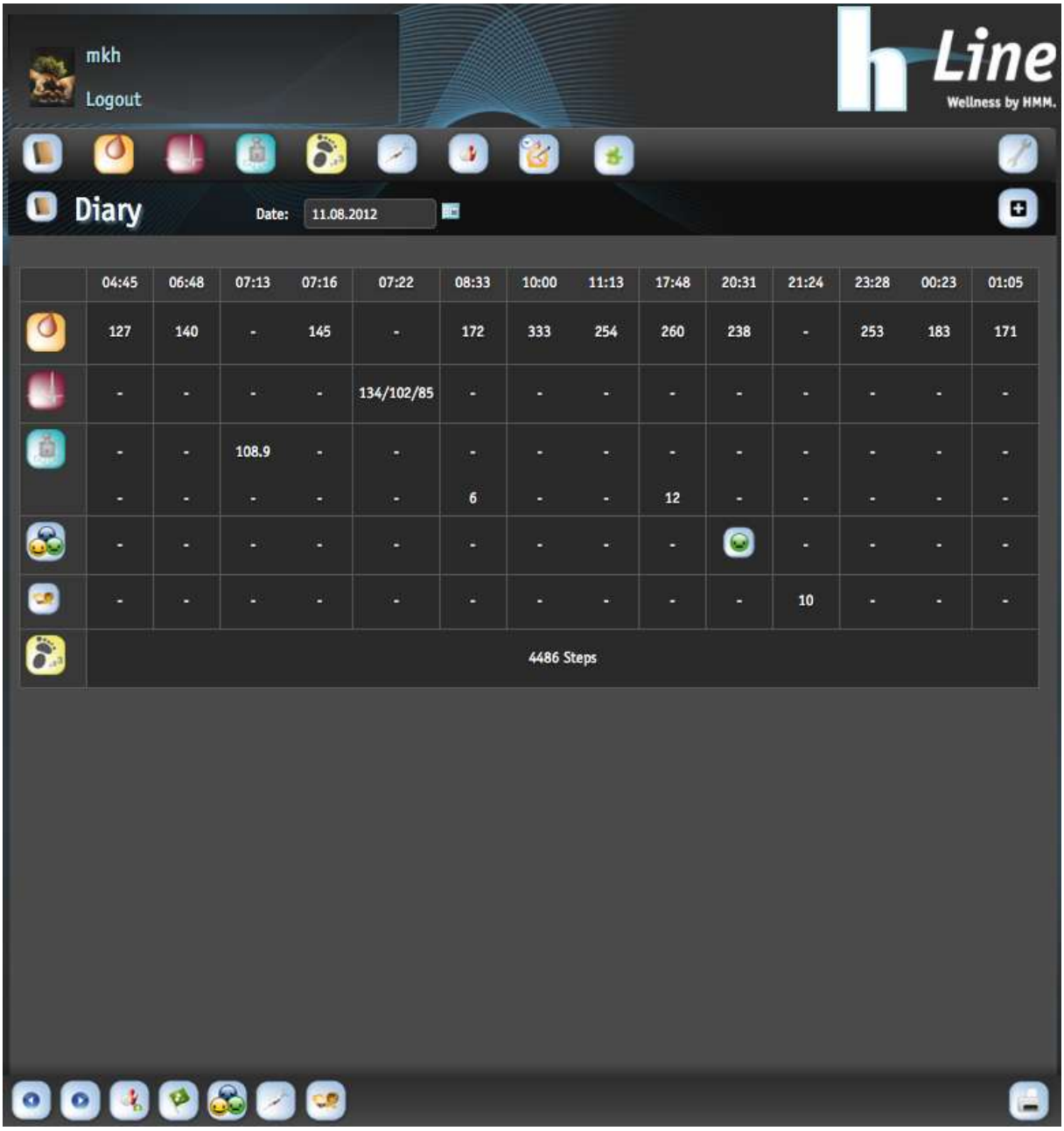
6.4 Information

Here you can find information about hLine-online.com and the revision of the software.

6.5 Payment

The payment icon is to renew the membership. When the icon is clicked the following screen will appear.

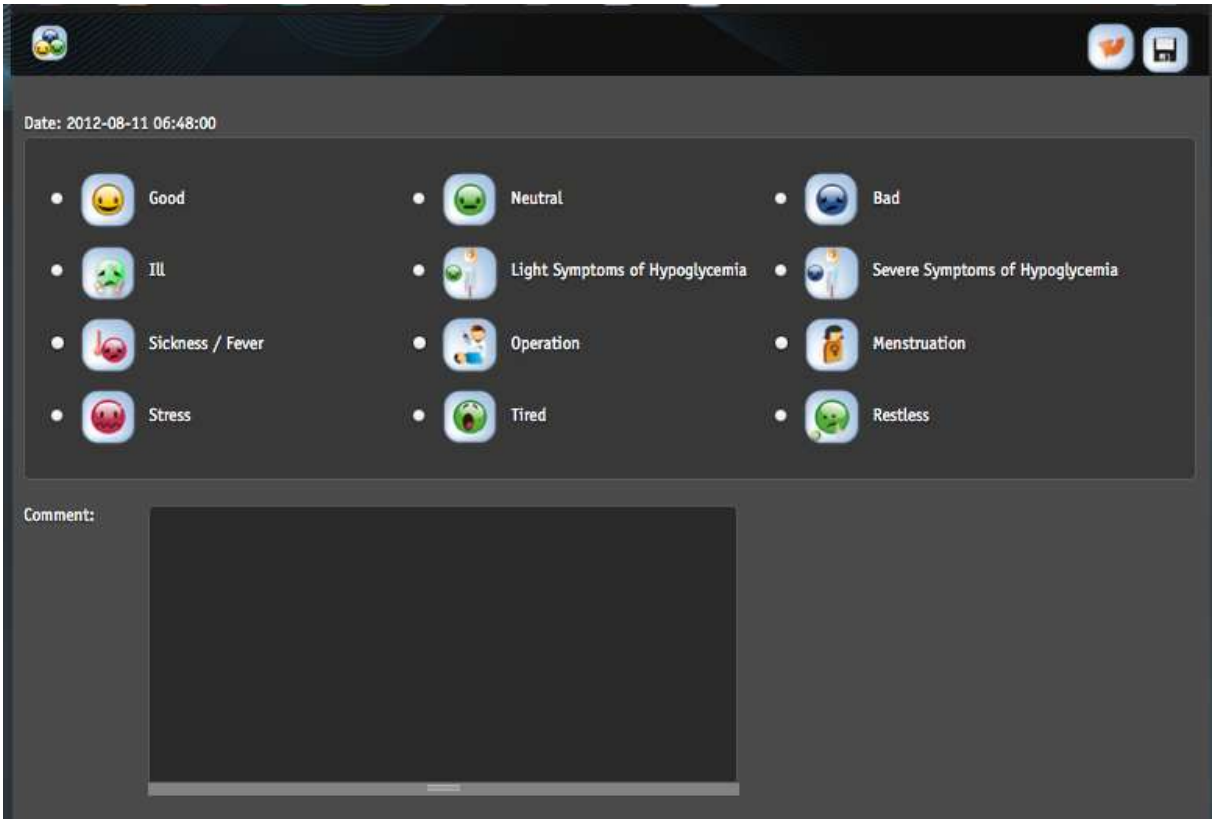
7 Daily Diary



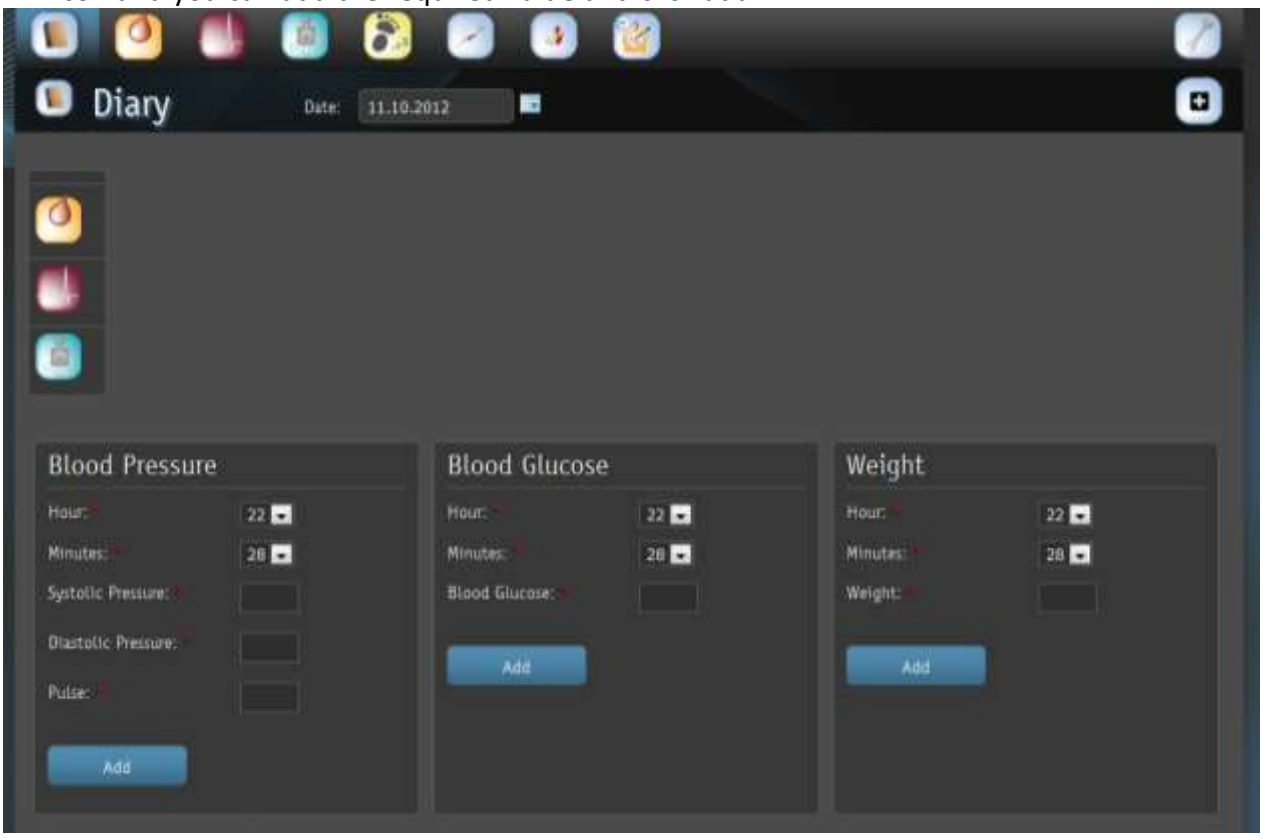
The Daily Diary is an essential tool for each user to manage his day. All values, which are in the system, will be displayed here, depending on the time. Measurements of Blood Glucose, Blood Pressure and Weight can be transferred from the devices or added manually. Steps can only be added through a device.

If you click on a measured value you can add more information about activities, status, medicine, nutrition input or insulin input. All these data will be related to the measurement you have clicked. It will have the same time stamp as the measurement itself.

You can also add information, which does not depend on the measured values, by clicking the requested icon in the bottom bar. When you add this information you also have the ability to change the time stamp. The date and time of the system will be taken as default when you add the information.

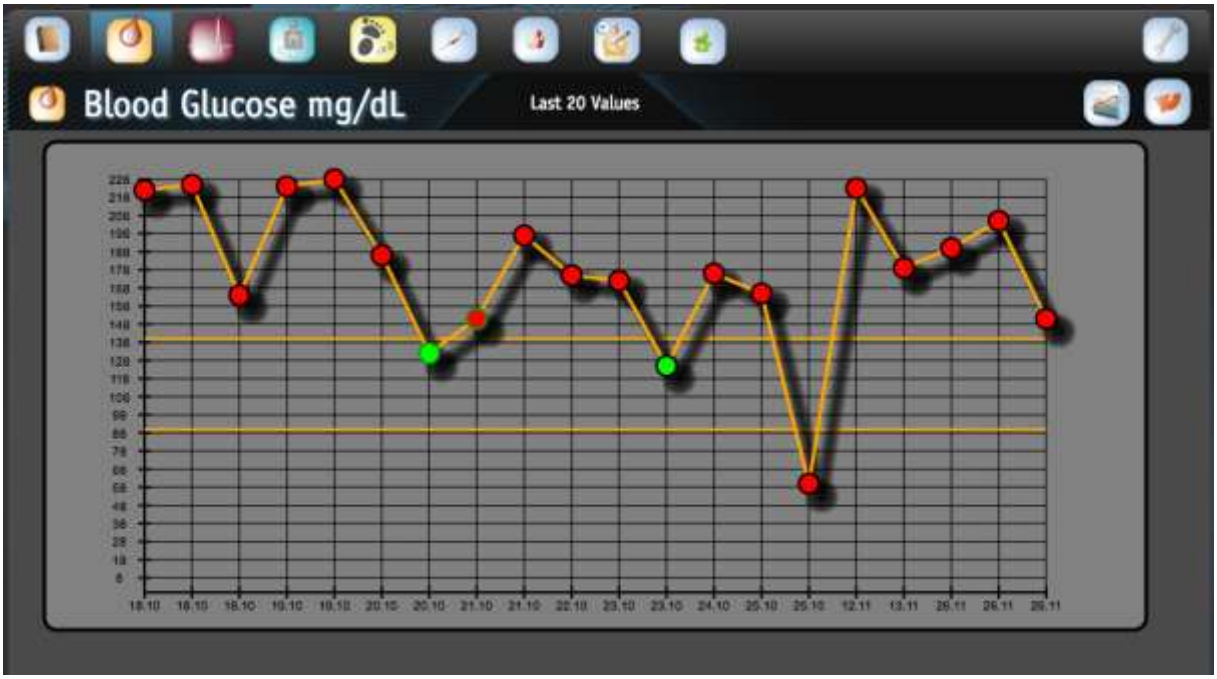


You can also add a manual input for Blood Glucose, Blood Pressure and weight. Click on the "+" icon and you can add the required value and click add.



8 Vital Values

8.1 Blood Glucose Values



In this area the system will show you the trend of your Blood Glucose values. The last 20 measured values regardless of the date are shown. You can click the buttons in the bottom bar for the last 7 and 30 days or you can click the date range button to select the date range that you desire.

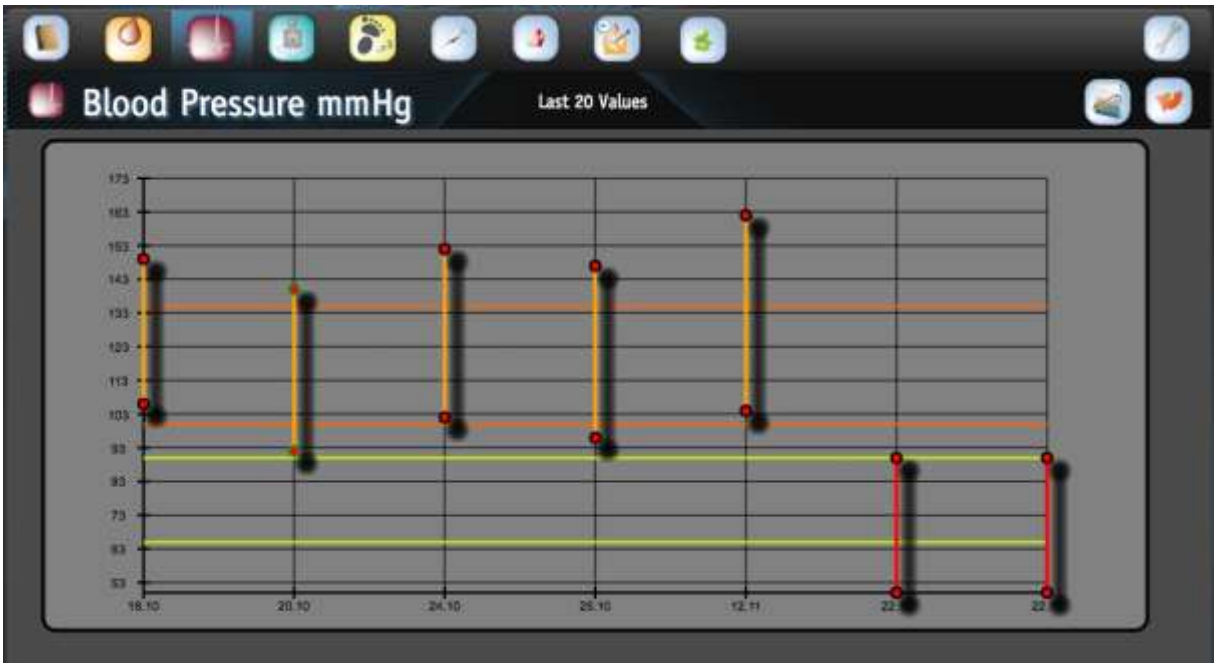
When you go over a measurement with the mouse a small circle will show up in which you can see the value.

If you click on the value you will enter a screen in which you can add more information and comments to this measurement. After you have added this information you will be lead to the Daily Diary of that day related to the clicked measurement.

On the right side of the information bar you can click on the statistic icon, where you can see the daily values in a table form.

Date	3	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
24.09.2012	-	-	-	-	-	-	-	276 250	-	-	-	-	-	-	-	-	-	-	-
25.09.2012	-	-	-	-	175 197 135	-	136 63 63	66 65 94 96 80	-	-	-	-	-	-	-	-	-	-	-
26.09.2012	-	-	-	-	-	114	-	-	-	-	-	-	-	-	-	-	-	-	-
29.09.2012	-	-	-	-	-	143 167	-	-	-	-	-	-	-	220 399	-	-	-	-	-
02.10.2012	-	-	-	237	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
09.10.2012	-	-	-	-	-	-	-	178	-	-	-	-	-	-	-	-	-	-	-

8.2 Blood Pressure Values

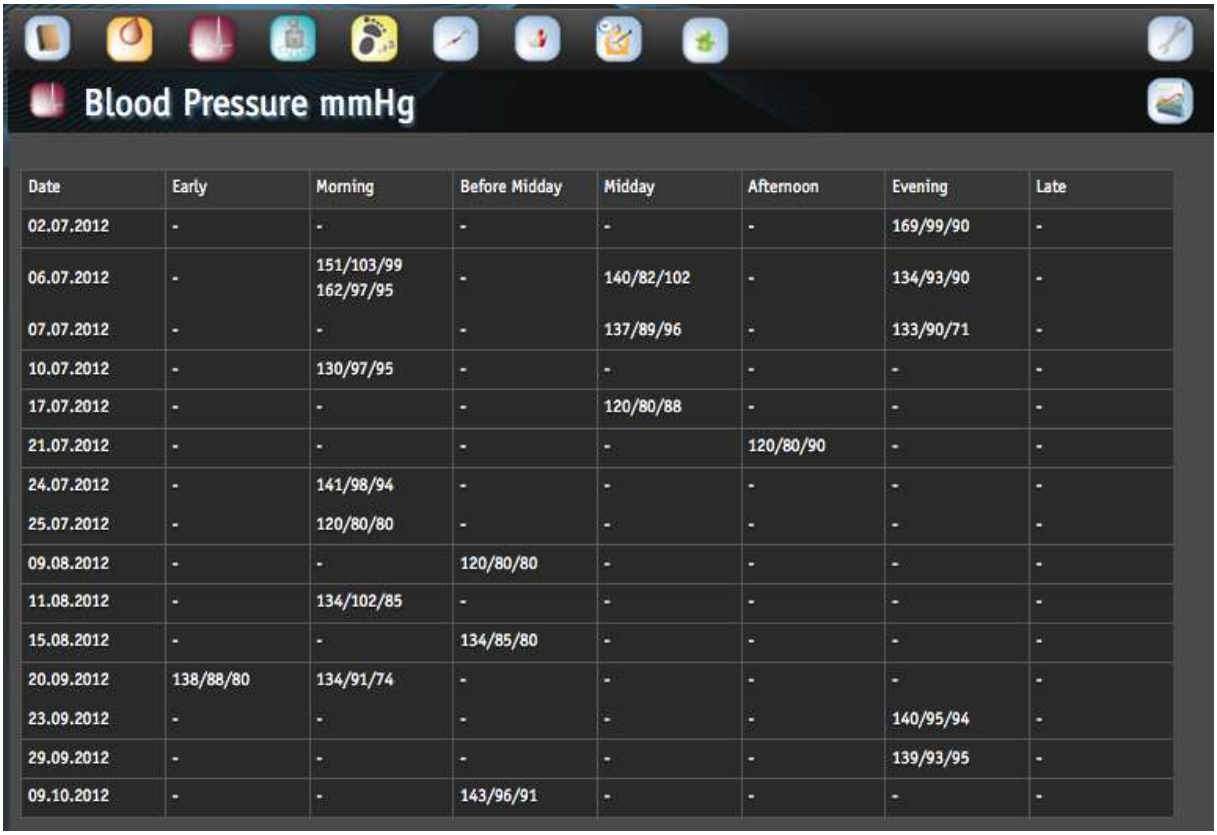


In this area the system will show you the trend of your Blood Pressure values. The last 20 measured values regardless of the date are shown. You can click the buttons in the bottom bar for the last 7 and 30 days or you can click the date range button to select the date range that you desire.

When you go over a measurement with the mouse a small circle will show up in which you can see the value.

If you click on the value you will enter a screen in which you can add more information and comments to this measurement. After you have added this information you will be lead to the Daily Diary of that day related to the clicked measurement.

On the right side of the information bar you can click on the statistic icon where you can see the daily values in a table form.



Blood Pressure mmHg

Date	Early	Morning	Before Midday	Midday	Afternoon	Evening	Late
02.07.2012	-	-	-	-	-	169/99/90	-
06.07.2012	-	151/103/99 162/97/95	-	140/82/102	-	134/93/90	-
07.07.2012	-	-	-	137/89/96	-	133/90/71	-
10.07.2012	-	130/97/95	-	-	-	-	-
17.07.2012	-	-	-	120/80/88	-	-	-
21.07.2012	-	-	-	-	120/80/90	-	-
24.07.2012	-	141/98/94	-	-	-	-	-
25.07.2012	-	120/80/80	-	-	-	-	-
09.08.2012	-	-	120/80/80	-	-	-	-
11.08.2012	-	134/102/85	-	-	-	-	-
15.08.2012	-	-	134/85/80	-	-	-	-
20.09.2012	138/88/80	134/91/74	-	-	-	-	-
23.09.2012	-	-	-	-	-	140/95/94	-
29.09.2012	-	-	-	-	-	139/93/95	-
09.10.2012	-	-	143/96/91	-	-	-	-

8.3 Body Analyzing Values

8.3.1 Weight in kg

This part of the system will show you the trend of your weight values. The last 20 measured values regardless of the date are shown. You can click the buttons in the bottom bar for the last 7 and 30 days or you can click the date range button to select the date range that you desire.

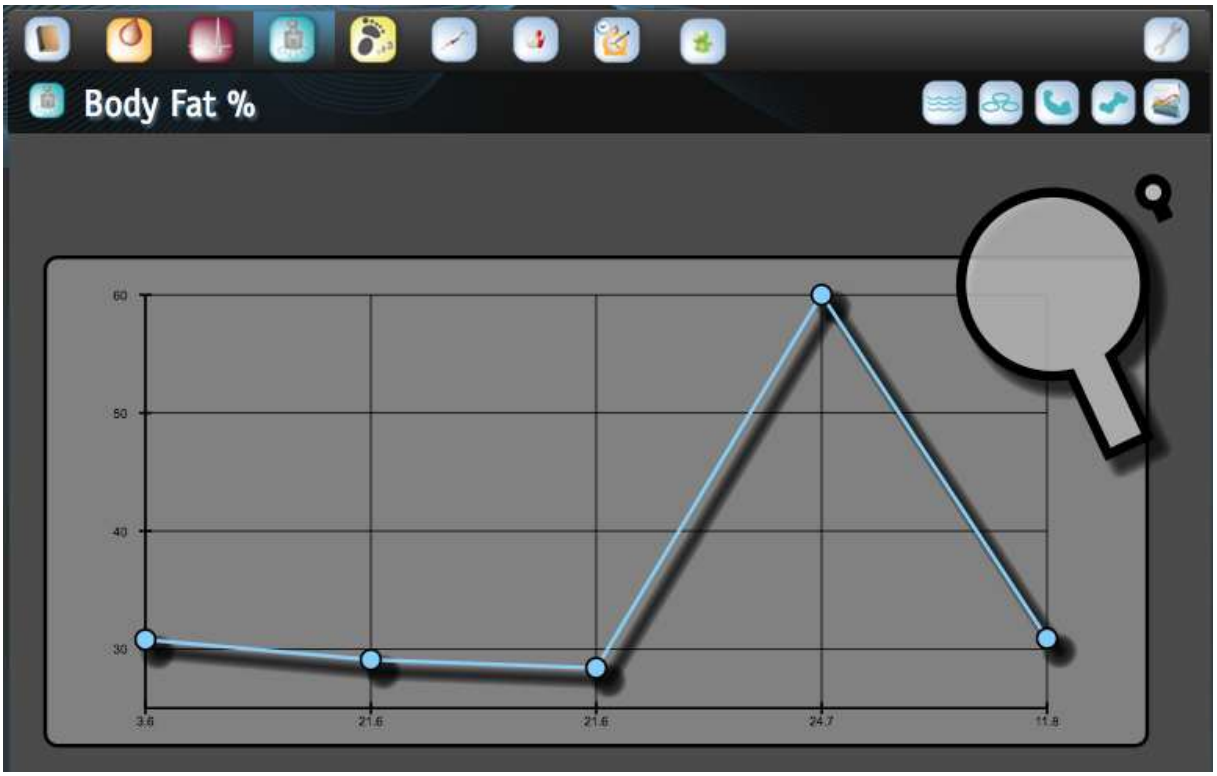
When you go over a measurement with the mouse the small circle will show you the value.

If you click on the value you will enter a screen in which you can add more information and comments to this measurement. After you have added this information you will be lead to the Daily Diary of that day related to the clicked measurement.

On the right side of the information bar you can also see the other body values such as fat, hydration, muscle mass or bone mass. You can also select the table view on the far right side of the information bar.

You can also select the table view on the far right side of the information bar. In this view you can see all the values of the body scale analyzer in a table form.

8.3.2 Body Fat

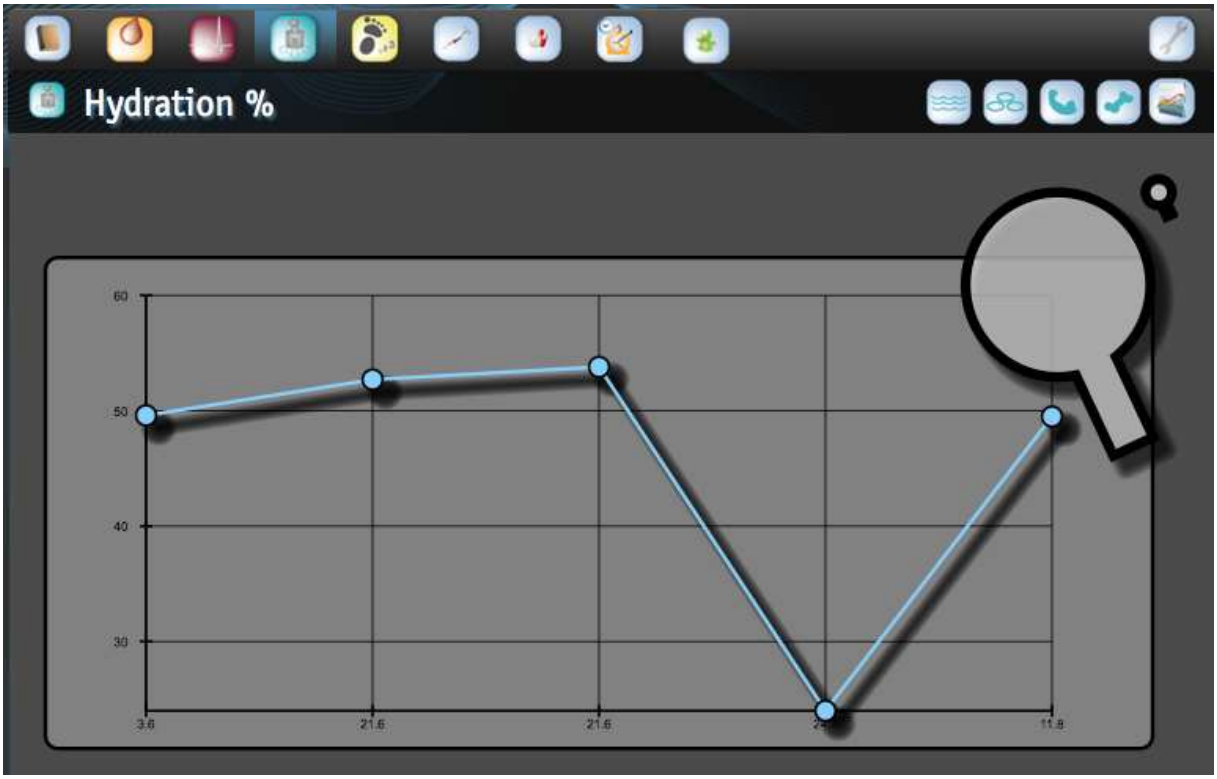


This part of the system will show you the trend of your body fat values. The last 20 measured values regardless of the date are shown. You can click the buttons in the bottom bar for the last 7 and 30 days or you can click the date range button to select the date range that you desire.

When you go over a measurement with the mouse the small circle will show you the value.

If you click on the value you will enter a screen in which you can add more information and comments to this measurement. After you have added this information you will be lead to the Daily Diary of that day related to the clicked measurement.

8.3.3 Hydration

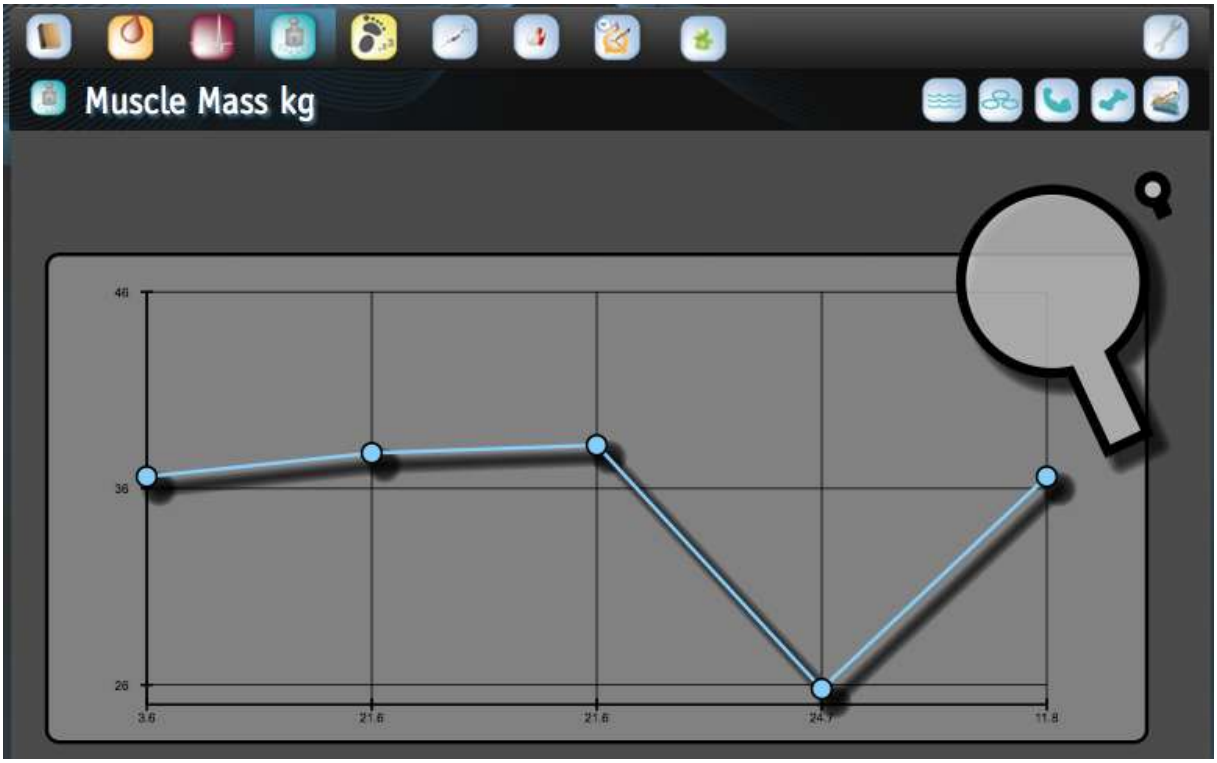


This part of the system will show you the trend of your hydration values. The last 20 measured values regardless of the date are shown. You can click the buttons in the bottom bar for the last 7 and 30 days or you can click the date range button to select the date range that you desire.

When you go over a measurement with the mouse the small circle will show you the value.

If you click on the value you will enter a screen in which you can add more information and comments to this measurement. After you have added this information you will be lead to the Daily Diary of that day related to the clicked measurement.

8.3.4 Muscle Mass kg

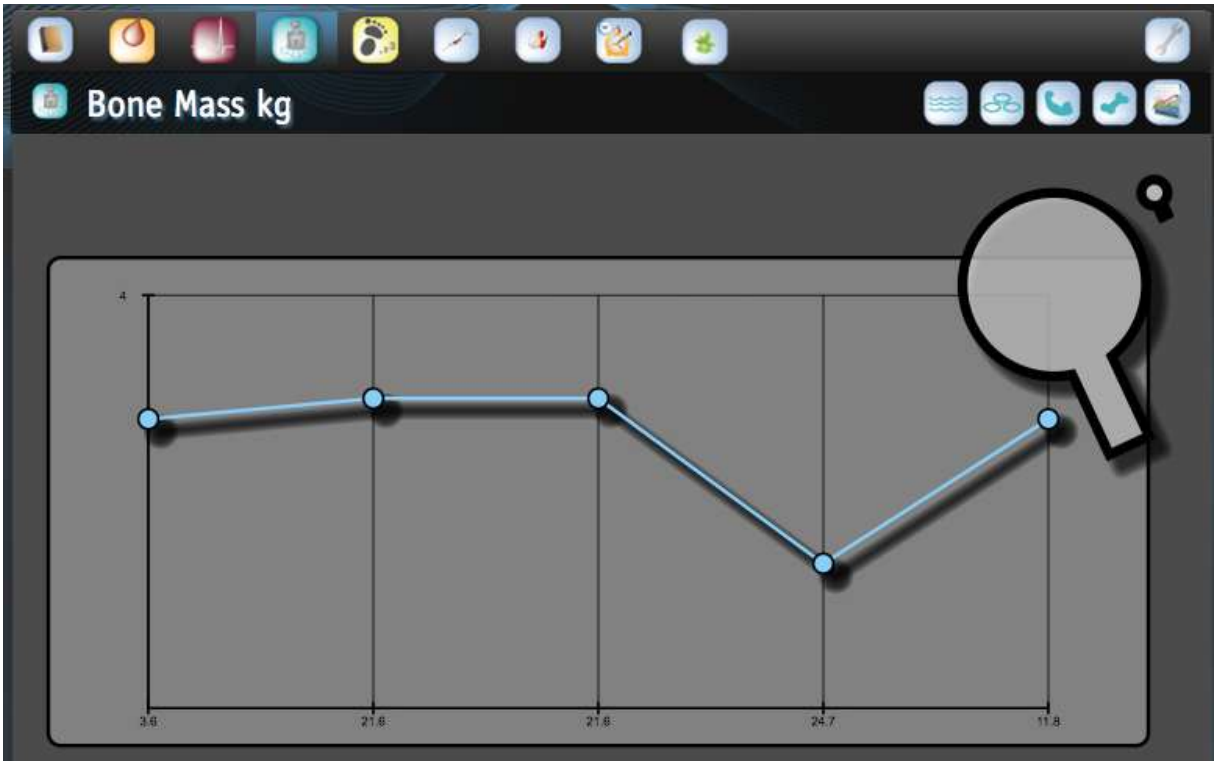


This part of the system will show you the trend of your muscle mass values. The last 20 measured values regardless of the date are shown. You can click the buttons in the bottom bar for the last 7 and 30 days or you can click the date range button to select the date range that you desire.

When you go over a measurement with the mouse the small circle will show you the value.

If you click on the value you will enter a screen in which you can add more information and comments to this measurement. After you have added this information you will be lead to the Daily Diary of that day related to the clicked measurement.

8.3.5 Bone Mass kg

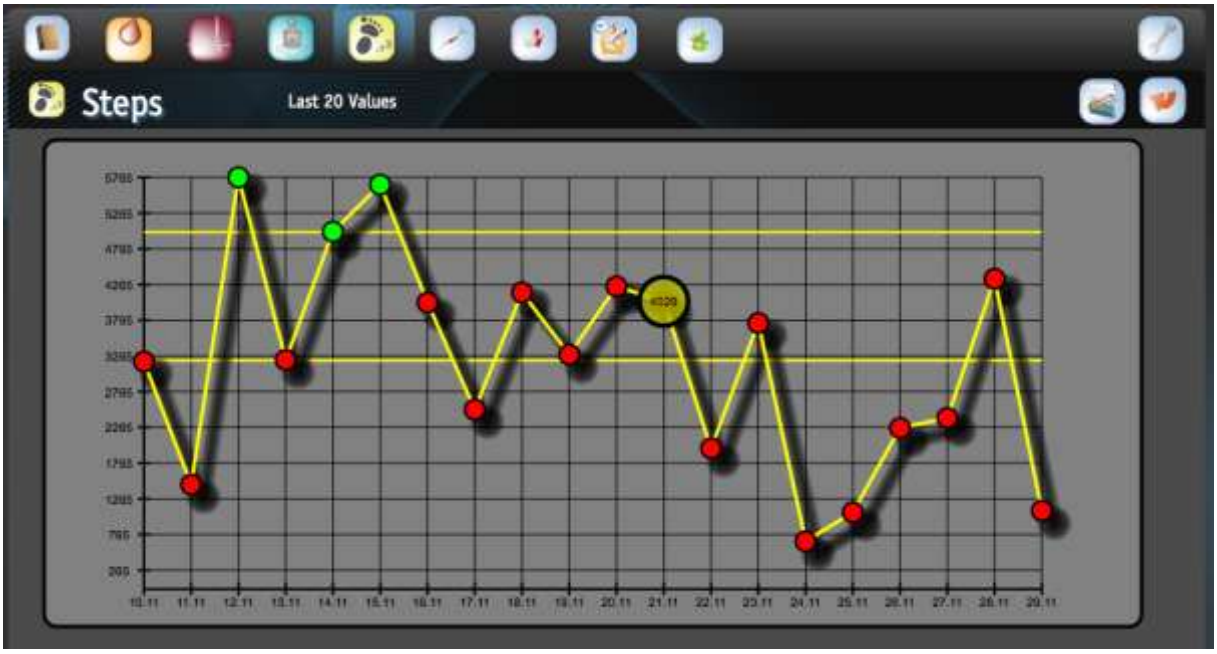


This part of the system will show you the trend of your bone mass values. The last 20 measured values regardless of the date are shown. You can click the buttons in the bottom bar for the last 7 and 30 days or you can click the date range button to select the date range that you desire.

When you go over a measurement with the mouse the small circle will show you the value.

If you click on the value you will enter a screen in which you can add more information and comments to this measurement. After you have added this information you will be lead to the Daily Diary of that day related to the clicked measurement.

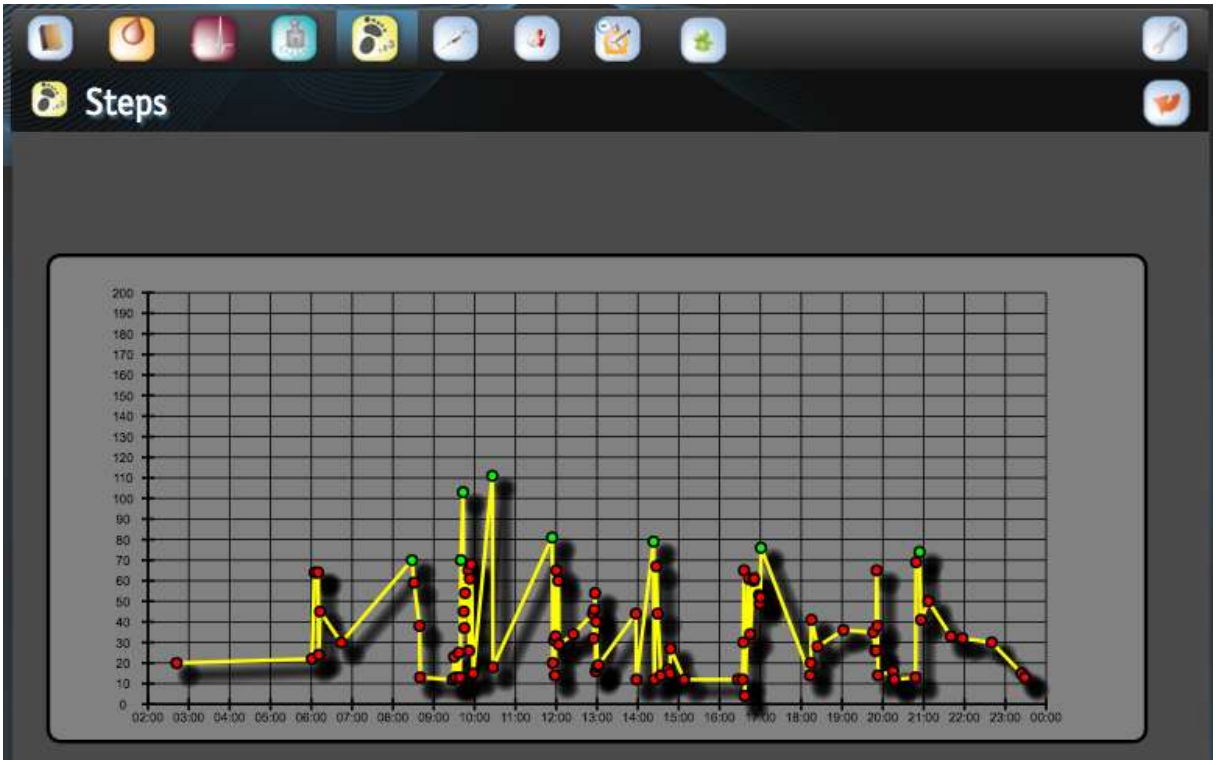
8.4 Steps Values



This part of the system will show you the trend of your steps values. The last 20 measured values regardless of the date are shown. You can click the buttons in the bottom bar for the last 7 and 30 days or you can click the date range button to select the date range that you desire.

When you go over a measurement with the mouse the small circle will show you the value.

If you click on the value you will enter a new screen where the detailed information of that day will be shown.



If you have moved more than 70 steps a minute you can see that the color of the value is green.

9 Management Functions

9.1 Insulin Table

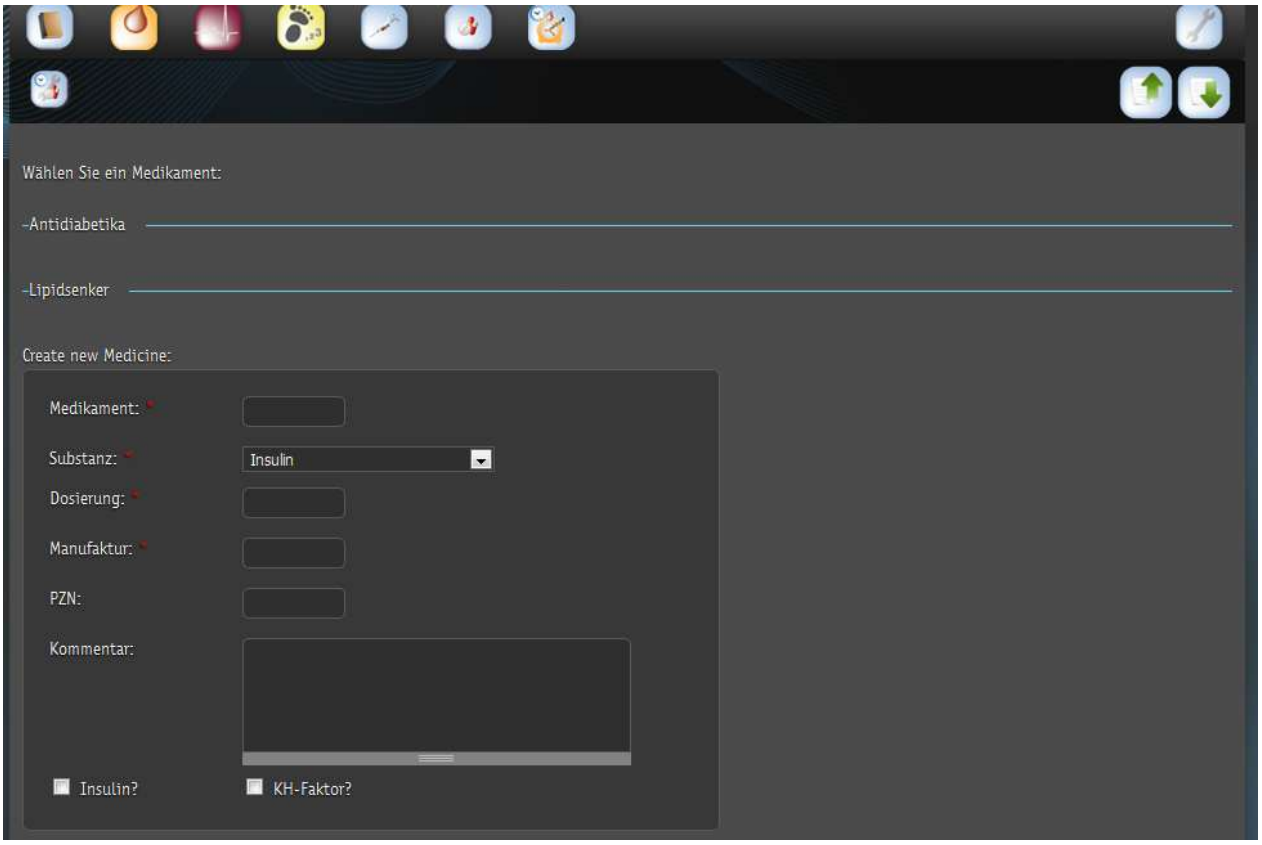
	Insulin	KH-Faktor	50-80	80-120	120-160	160-200	200-240	240-280	> 280
Morning	Insulin C	-	10	10	10	10	10	10	10
	Insulin B	1	1	2	3	4	5	6	7
Midday	Insulin C	-	10	10	10	10	10	10	10
	Insulin B	1	1	2	3	4	5	6	7
Evening	Insulin C	-	10	10	10	10	10	10	10
	Insulin B	1	2	3	4	5	6	7	8
Late	Insulin B	1	2	3	4	5	6	7	8
	Insulin C	-	10	10	10	10	10	10	10

This function is available when a Mentor is available. The insulin table is a reference for the user to see how much insulin units he should take according to the measurement he has. This table is a recommendation from a Mentor and cannot be edited by the user.

9.2 Medication

You can add the medicine that you take in this screen so you can be able to add it in the Diary. If you have a mentor then this list will be added by him. If you do not have a mentor you must first add the medicine so you can list it here.

To add a medicine please click on the icon on left side of the information bar. Now please enter the information required and select if it is insulin or not. If it is insulin please click on KH-Factor if you wish to have it in the insulin table.



After saving you will see the medicine in a list.

The Mentee and the Mentor can setup the time when this medicine should be taken. The box on the left part will activate the alert function for the medicine schedule. This means if the Mentee did not confirm that he has taken the medicine in his Daily Diary, an alert will be sent according to the setting Email/SMS.

It is recommended to use this function only if the Mentee is working interactively with the system through the Internet or app.

9.3 Schedules

This is the schedule when a measurement should be taken. The Mentor or Mentee can setup this schedule. If the alert is activated, an alert will be sent (after maximum half an hour later) to the selected Email or Mobile phone number if the measurement was not taken at the time when it was scheduled.

To add a new time, just change the time and dates on that line. After saving a new blank line will be added for new entries.

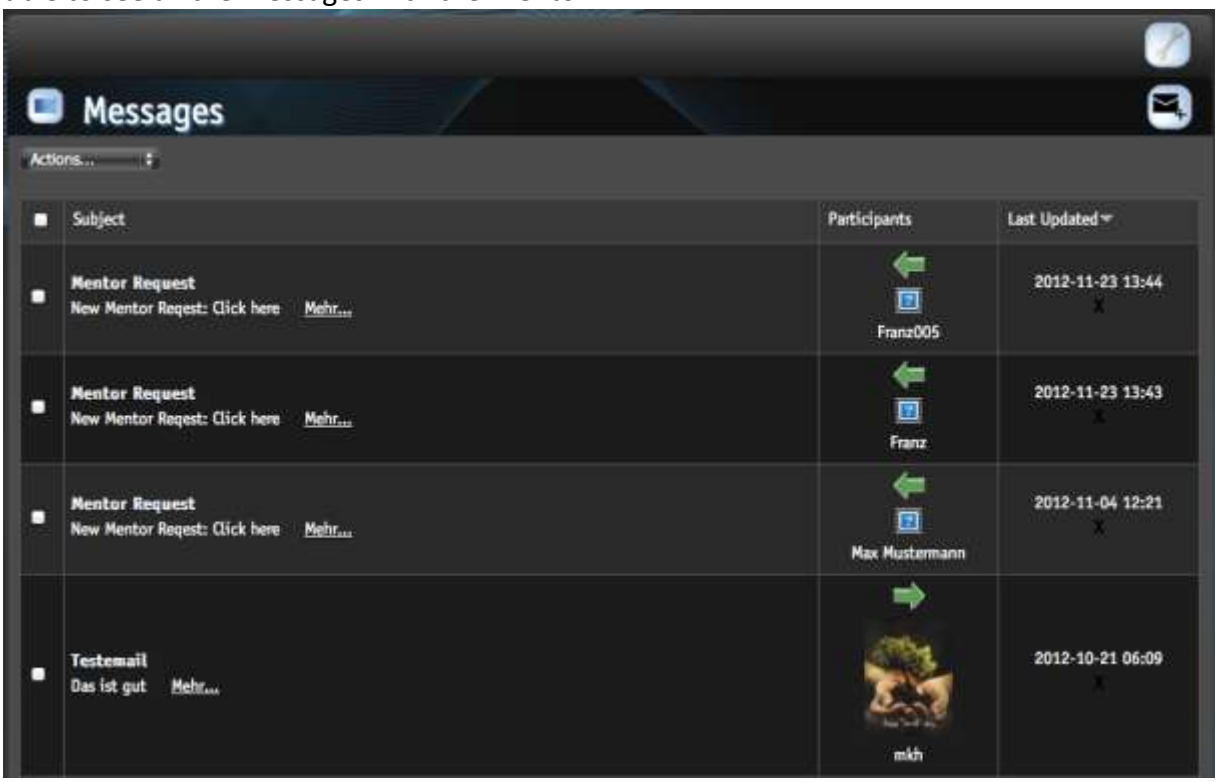
If you want to delete a time schedule, unclick all the days on that line and save. Then this line will be deleted.

10 Communication

This function is only available when a Mentor is available. You can send messages, chat or even set up a videoconference with the Mentor. Only the Mentor can be contacted and no other person.

10.1 Sending a message.

The Mentee can send a message to the Mentor. Click the message button and you will be able to see all the messages with the Mentor.

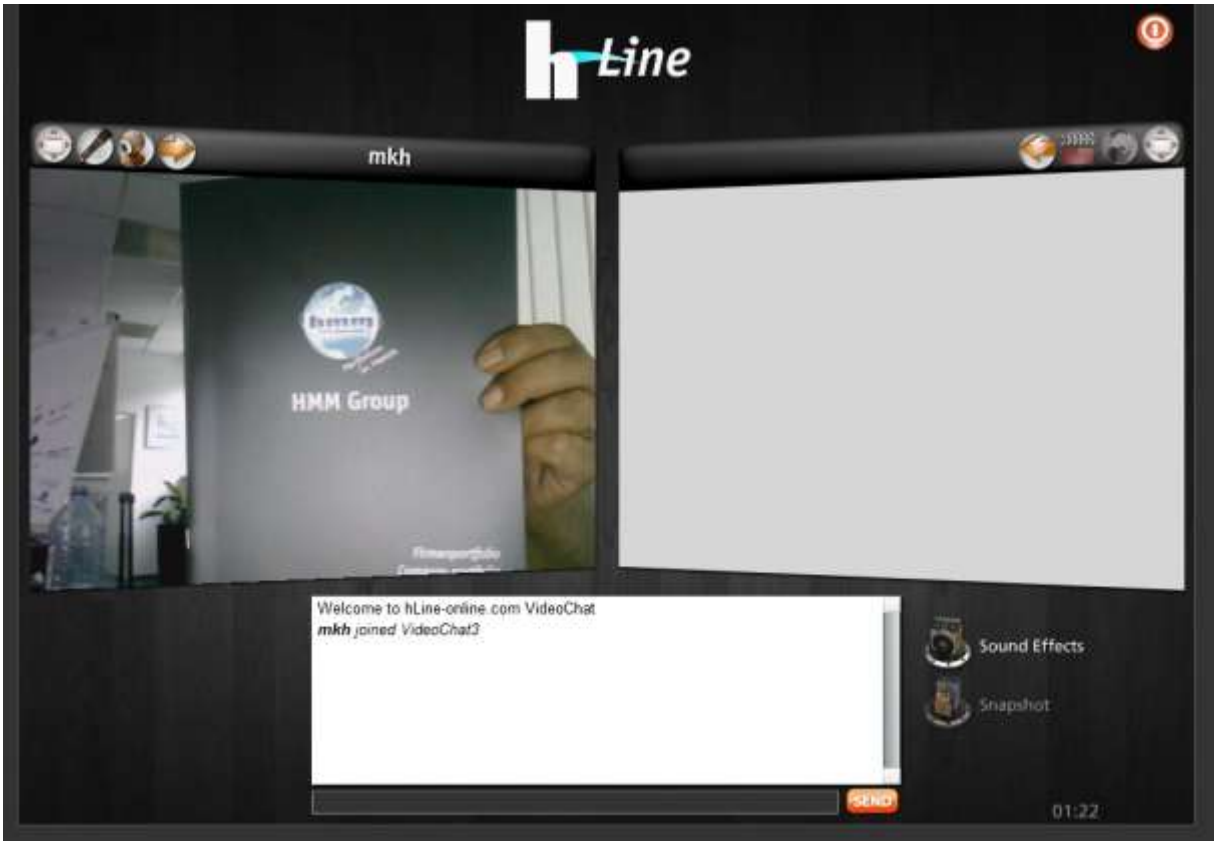


If you click on subject or more, you can see the complete message. You can also reply to this message.
If you want to add a new message with a different subject, you need to click the “+” button on the right side of the information bar.

Here you can see that the “To” field is already filled, since you can send to your mentor only.

10.2 Video Conferencing

If you wish, you can also get into a videoconference with your mentor. He can get into a videoconference with you, too.
If the video icon is colored it means that the mentor is online and you can send a videoconference request to him.



The videoconference screen will be opened and if the mentor accepts the request, then he will appear on the right side of the screen.

If the mentor wants to get into a videoconference with you, you will receive a request